

The Sourdough

S E N T I N E L

Feb. 11, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 6

Burn baby, burn

Shop uses fire,
water and ice
to mold metal

-- Pages 10-11



PHOTOS BY TECH. SGT. ADRIAN CADIZ



Rising star!

Above: Brig. Gen. Michael Snodgrass, 3rd Wing commander, receives his first star during his promotion ceremony at Hangar 1 Feb. 4. He was pinned on by his mother, Mrs. Norma Brown, and his wife, Dr. Bobbie Snodgrass.

Left: Members of the base honor guard stand at attention as part of General Snodgrass’ promotion ceremony.

Below: Friends, family members and fellow Arctic Warriors attended the promotion ceremony to show support and recognition for the general and his accomplishments.



Action Line



Brig. Gen. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done? The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:
Col. Christopher Thelen, 3rd CES/CC
552-3007
Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Robert Garza, 3rd SFS/CC
552-4304

Volunteering

There are numerous opportunities for individuals to volunteer both on base and in the local community. Those interested in volunteering, please contact the Family Support Center at 552-8068 or visit the Community area of Topcover for a listing of volunteer opportunities.



The Sourdough SENTINEL

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001
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3rd Wing Moment in History



3rd Tactical Fighter Wing F-100

Feb. 8, 1968:
The 531st Tactical Fighter Squadron flew the 3rd Tactical Fighter Wing’s 75,000th combat sortie. The 3rd Wing was the first tactical fighter wing in Vietnam to reach that mark.

Returning Arctic Warriors learn through RAP

By Senior Airman Amy Morrisette
3rd Wing Public Affairs

People have always been the Air Force's most important resource, particularly as our nation continues the war against terror and assists with global relief efforts like the disaster associated with the Southeast Asian tsunami. The war and relief operations have certainly increased the frequency and duration of deployments. The high ops tempo sets the stage for stress in the workplace and home, especially since many of our deployments are now in combat environments. In response to the tempo, Elmendorf leadership has recently implemented the Redeployment Action Plan.

The RAP was officially launched on January 21st.

"The RAP isn't just a single point of time when deployed personnel return, it is a continuous process from pre-deployment to deployment to reunion/reintegration. It is a continuous cycle of care that prepares our airmen and families on how to deploy, supports them throughout the deployment, and ensures an effective reintegration," said Col. Deborah Kretzschmar, 3rd Medical Group commander.

The Reunion/Reintegration phase is a one-day event consisting of a mandatory and optional session.

"The goal of this event is to provide returning members and their spouses a warm welcome and appreciation from wing leadership. Information is also provided on finance, family member services and life skills" said Chaplain (Capt.) Randy Erwin, 3rd Wing Senior Protestant Chaplain and leader of Elmendorf's Integrated Delivery System.

According to Chaplain Erwin, the wellness briefing provides members and families with valuable information on how to adjust. It covers the gamut from advice on sleep, exercise, how to recognize and deal with the

REDEPLOYMENT ACTION PLAN



STAFF SGT. PRENTICE COLTER

Capt. Chris Wibbelsman, with the 3rd Medical Operations Squadron, gets information from Ms. Lisa Dalton about child care options for Arctic Warriors returning from a deployment.

emotional turmoil, and focuses on reestablishing relationships with spouses, significant others and children.

"Medical inprocessing is also a vital part of the program," said Colonel Kretzschmar, "it includes completing a post-deployment survey which helps identify any medical issues a member may have."

Spouses, significant others, and families are a key part of the program; their attendance at both sessions is encouraged. Active-duty members are required to attend the mandatory session as part of completing their post-deployment checklist. The optional session focuses heavily on relationships and personal support for singles, couples and parents. The optional session can be attended anytime a need is identified – immediately or months after a reunion occurs. The sessions are run by the chaplain's office who use a

small group and informal setting; no advance sign-up is required.

According to Chaplain Erwin, the RAP has been very well received from the community and its participants. The Wing's enlisted leadership has been central to the success of this program he said.

"We have had many positive comments on the surveys we have received and will use the comments/feedback to fine tune the Wing's plan," said Chaplain Erwin.

One recently returning Arctic Warrior, Airman 1st Class John Runyon, 3rd Logistics Readiness Squadron, said the program set him up for a more restful and relaxing 14 days off.

"RAP helped out a lot. I got a lot of information, for not just what I need to do now, but what I can do down the road if I have some medical or reintegration issue."

The Family Support Center serves as the focal point for the RAP. Lt.

Col. Kathleen O'Sullivan, 3rd Mission Support Squadron commander, requests active-duty members returning from deployment to contact their respective command support staff for the most recent information regarding dates, time and location of the mandatory sessions.

Both active-duty and family members can call the 3rd Wing Chaplain Center at 552-4422 to obtain more information on the optional session. In addition to the RAP, the Air Force also provides resources via the Internet. The Air Force Onesource website www.airforceonesource.com contains a wealth of information relevant to all Airmen and their families. The Readiness Edge, a PDF document tailored for military and family members, is also available for download at www.airforceap.org/afre.asp. The document assists members with deployment, reunion and reintegration.

Calendar of events for Black History Month

Tuesdays

"Read to Succeed" will be every Tuesday throughout February at the Base Library from 10 a.m. to noon. The program will offer reading to youth 12 and younger.

For more information or to volunteer, call Staff Sgt. Unchetta Dykes at 552-0156.

Saturday

A Health Fair will be at the Joint Military Mall from noon to 4 p.m. The

fair will offer free cholesterol screenings, vision testings, blood pressure checks, literature, and more.

For more information, call Tech. Sgt. Linda Griffin-Haddox at 580-4078.

Wednesday - Thursday

Career Days will be at Fairview Elementary from 9 a.m. to 3:30 p.m. The event is designed to inform students about various jobs.

For more information, e-mail kendrick.hagwood@elmendorf.af.mil.

Feb. 18

"A Taste of Soul" is an ethnic food tasting event from 11 a.m. to 1 p.m. at the Kashim Club. Donations are \$5.

For more information or for tickets, call Senior Airman Karisha Robinson at 552-1457 or Staff Sgt. Doryan Robinson at 552-2381.

Feb. 19

A "Gospel Fest" will be at the Chapel 1 Annex from 4-6 p.m.

For more information, call Master Sgt.

Nathaniel Sumpter at 552-1791.

Feb. 26

A "Red, Black and Green Ball" will be at the Susitna Club. Retired Gen. Lloyd "Fig" Newton will be the guest speaker. Cocktail hour begins at 6 p.m. and the program will start at 7 p.m.

For more information, call Staff Sgt. Nichole Awolusi at 580-3012 or Staff Sgt. Oluwasina Awolusi at 580-6830.

Providing baby dental care crucial for health

By Capt. Bradshaw Stout
3rd Dental Squadron

Parents often may not realize the importance of oral hygiene for their infants. Questions about infant oral hygiene center on the importance of primary “baby” teeth, the best time to start oral hygiene for infants, how to clean an infant’s teeth, how cavities occur in infants, and how to practically apply intervention to a particular situation.

Even though the child’s primary teeth will eventually be replaced with permanent ones, primary teeth are very important. A child’s primary teeth affect oral and facial growth and development.

The function of the primary teeth affects the nutrition of the whole body during the most crucial period of bodily development. They are also necessary for proper speech and appearance, and therefore have a bearing on social and psychological development.

The best time to start cleaning your infant’s teeth is before the first tooth breaks through the gums, which usually occurs during the sixth month.

Dental cavities are caused by a bacterial infestation. If a permanent tooth is exposed to a diseased oral environment the new tooth will most

likely become diseased as well. Starting oral care in infants reduces the risk of developing such an oral environment and subsequent disease in the permanent teeth. Starting before six months also allows you time to train the child before they have teeth to bite you with.

The cleaning can be done with a damp washcloth. (Only older children who can consistently spit out toothpaste should be given fluoride toothpastes.) After a bottle and before bed, thoroughly rub the gums, tongue, and any teeth that may be present.

Remember that tooth decay is caused by bacteria, which are present in the dental plaque. These bacteria in plaque convert sugar to acid, which in turn eats holes in the enamel of teeth. These holes are cavities. If residual milk or other sweet liquids are allowed to remain in the mouth after a meal, acid can attack teeth for up to two hours.

Tooth decay usually occurs after repeated or prolonged acid attacks. It is not just what children drink, but how often and for how long their teeth are exposed to acids. For example, if you offer a bottle multiple times or for prolonged sipping the teeth undergo more acid attacks. Furthermore, allowing a child to



SENIOR AIRMAN FRANCIS LALIC

have a bottle when the child is falling asleep, during a nap, or at night, can harm teeth due to prolonged exposure to acid. In addition, while the baby sleeps, the flow of saliva decreases. Sugar that is not washed away by the saliva is converted to acid by the bacteria.

This acid concentrates around the teeth increasing the probability of cavity formation. You can prevent oral disease in your infant by being conscientious about what you

give your baby to consume between regular feedings and during normal feedings. A nursing bottle should not be used as a pacifier or as an aid to help a baby sleep unless it contains plain water

Don’t dip pacifiers in a sweet liquid and don’t add sugar to a baby’s food to try and make it taste better.

Children can be taught to drink from a cup as they approach their first birthday to eliminate prolonged bottle feeding.

February is Children’s Dental Month

This thing called love – What does it mean?

By Chaplain (Capt.)

Michael Goecker
3rd Wing Chaplain

There are few words in our language which are as full of meaning and ambiguity as the word “love.” A quick search on “love” on the web reveals there is nothing quick about it.

Love is tied into everything from cat lovers to dog lovers and cheese lovers to brownie lovers. There are dating services for the affluent or Catholics or singles of a particular race – all by the truckload. There are sites touting God’s love for you as well as sites touting magic love potions and spells. There are mail order brides and “Love Boat” chat rooms. Love is the subject of endless songs, reams of poetry, and libraries of books. Everything from the significant to the seedy, from the meaningful to the minute, and from the profound to the profane is found under the word “love.”

So what is this thing called love?

A few years back the movie *Titanic* was a huge box office success. It was billed as a story of love that endures. The setting is, obviously, the ill-fated ocean liner, *Titanic*. A young, aristocratic woman meets a young man who is a vagabond and an artist, and it was “love at first sight.”

You find yourself rooting for the relationship from the very beginning. The young woman, Rose DeWitt Bukater, was being coerced into an undesirable marriage with a self-cen-

tered, possessive man. The young artist, Jack Dawson, won his ticket on board the *Titanic* in a poker game a scant five minutes before the ship was to sail.

Although they knew each other barely three days, they each pledged their hearts to one another forever. Even as the *Titanic* was slipping under waves on its two-mile plunge to the bottom, our two young lovers reaffirmed their love for one another.

The movie ends with the scene of the now aged Rose lying in her own bed surrounded by photos of her life. Moments after she quietly dies in her sleep, we find her rejoining young Jack Dawson aboard a renewed *Titanic* with others who also had sailed aboard the doomed ship.

It is all very emotionally touching, but if you look closely, there is more.

Take a moment to go back to the scene when Rose dies. When you look at the photos on the wall, you will see images of a woman living a full life as a wife and a mother. She, with her husband, raised a happy family. They had a full life together.

The movie glorifies, as does our modern society, the image of a romantic love that is never tested in the fire of life, but it discounts the relationship of a man and a woman who are faithful to each other through the trials, troubles and tribulations of a lifelong relationship.

In the context of the *Titanic*, the

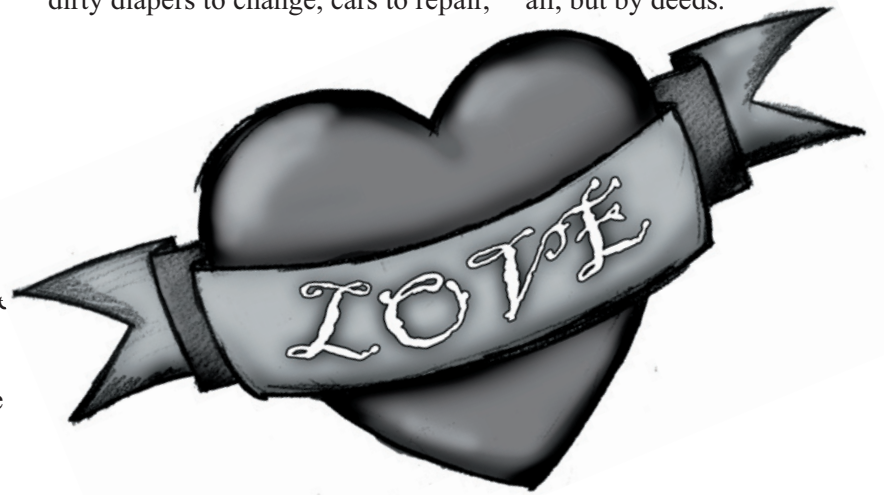
untested, unknown Jack Dawson is granted full credit for being true forever, but the devoted husband, the one who actually provided and cared for his wife and family, is completely ignored. It was the husband who worked the long hours to keep food on the table, not Jack. It was the husband who cared for her in sickness and in health, not Jack. It was this husband who was faithful through the many years of their lives not Jack, but her heart forever pined for Jack.

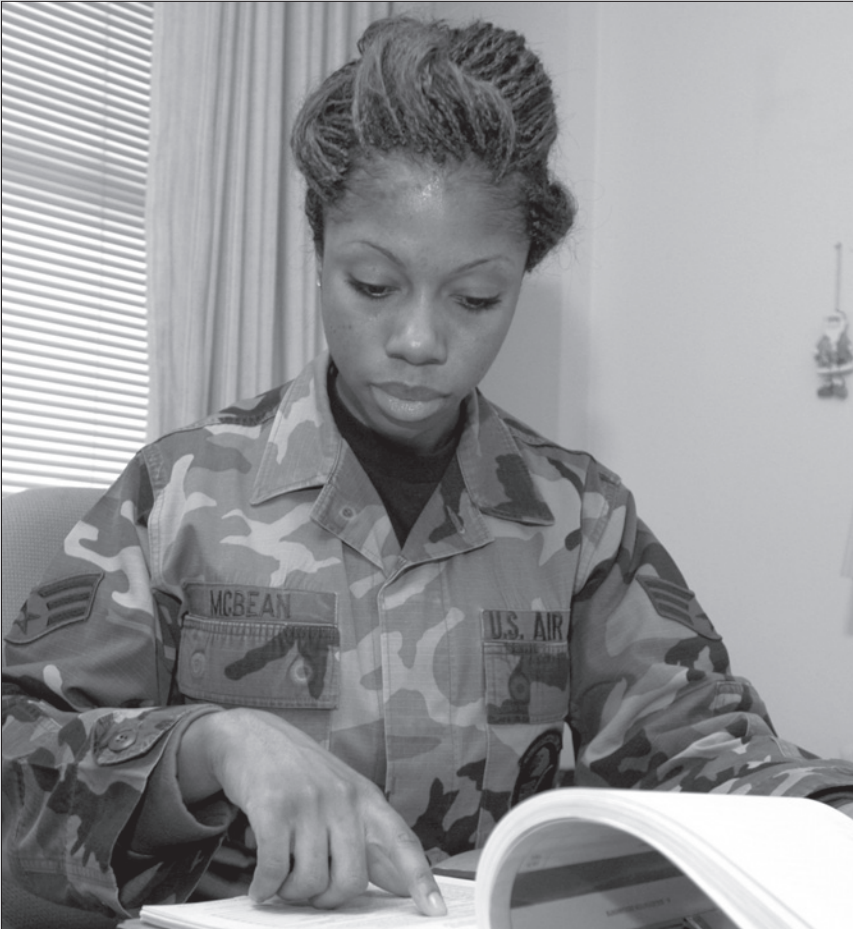
Perhaps if Jack had survived he would have been that life-long, devoted husband, but this is a scripted story about romantic love. It was in the power of the script-writer to have Jack survive, but it is more of a romantic notion of love to have him perish in the icy waters of the north Atlantic rather than face the day to day struggles of life: bills to pay, dirty diapers to change, cars to repair,

work to do and children to raise.

Love is found not in the warm, dreamy images of a Hollywood movie, but in the crucible of the daily grind of life. Love is demonstrated by a husband who cherishes his wife as his most precious gift even when she is not easy to be around. It is seen in a wife whose heart is completely devoted to her husband even when he is behaving badly. Love is glimpsed in the mother who stays awake through the night with a sick child or in a father who waits up for his daughter to come home.

Although it may be difficult to define, perhaps it is best understood through words like self-sacrifice, selflessness, kindness, faithfulness, and generosity – amongst many other words. Indeed love may best be comprehended not by words at all, but by deeds.





AIRMAN JONATHAN THRASHER

Senior Airman Ronette McBean

Duty title: 3rd Contracting Squadron contract specialist
Hometown: Brooklyn, N.Y.
Hobbies: Mountain biking
How she contributes to the mission: Responsible for telephone operations, the TriCare Assessment Line and network architecture services contracts, as well as several hospital reoccurring contracts
Time at Elmendorf: Ten months
Best part of being in Alaska: The scenery
Supervisor’s comments: “She exemplifies the Air Force spirit of our Core Values. She accepts all tasks no matter the difficulty, with a positive attitude, and proceeds to get the job done.” Ms. Leslie Strand



SENIOR AIRMAN AUSTIN MAY

Airman 1st Class Elizabeth Garner

Duty title: 611th Air Intelligence Squadron, intelligence analyst
Hometown: Olympia, Wash.
Hobbies: Reading, sewing, building stuff
How she contributes to the mission: Monitors events throughout the Pacific theater focusing on areas of potential threat to United States forces and interests
Time at Elmendorf: 18 months
Best part of being in Alaska: Getting to learn the area culture
Supervisor’s comments: “Even though she is one of our newest members, she has become one the most dependable airmen on her shift. Her knowledge and enthusiasm shows when giving current situation updates to the leadership.” Staff Sgt. Lani Johnson

Flu shot

The 3rd Medical Group has expanded the influenza vaccination efforts to include all 3rd Wing active-duty Air Force personnel, 50-64 year old beneficiaries and those who are in close contact with high-risk persons.

These personnel, as well as high-risk beneficiaries, should receive the vaccine as soon as possible. All active-duty members are required to obtain a flu vaccine.

Immunizations are given on a walk-in basis at the Immunizations Clinic or the Internal Medicine Clinic (only for those who are patients here).

The clinic is open Monday through Friday from 7:45 a.m. to 4:30 p.m. For more information, call 580-2000.

Prom Night

The Elmendorf Officer’s Spouses Organization is hosting a “Prom Night” tonight at 6:30 p.m. at the Susitna Club. The theme is “Prom Night ... Come as you were!” The event is open to all officer spouses and the officer. Call the Susitna Club for reservations at 753-3131.

Lent events

This year, Lent began Wednesday and continues through March 25. The following are events for Lent:

- The Way of the Cross. Everyone is invited to participate in the lay-led Devotion of the Way of the Cross Fridays during Lent in Chapel 2 at 5:30 p.m.
- Fasting and abstinence. All Catholics ages 14 to 60 will fast and

abstain on Good Friday. Abstinence forbids the eating of meat on all Fridays of Lent. The law of fasting allows only one full meal and two lighter meals and prohibits eating between meals.

- St. Valentine Blessing. Elmendorf’s Catholic parish will be blessing married and engaged couples Sunday at 10:30 a.m. at Chapel 1 and 5 p.m. at Chapel 2.

For more information, call the Chapel Center at 552-4422.

Home seminar

A Home Purchasing Seminar will be Monday at 1 p.m. at the Housing Office. The seminar is two to three hours. Seating is limited so call early for reservations at 552-4439/4328.

Change of Command

Lt. Col. William Berry takes command of the 3rd Mission Support Squadron from Lt. Col. Kathleen O’Sullivan at 9 a.m. on Tuesday at the Susitna Club.

For more information, call 753-6416.

11th AF Banquet

The 11th Air Force Annual Awards Banquet is Feb. 18 at the Susitna Club. Social hour begins at 6 p.m. with dinner at 7 p.m., followed by the awards ceremony at 8 p.m. Attire is semi-formal for military and coat and tie for civilians. Cost is \$15 for Airmen club members and \$18 for non-members; \$18 for noncommissioned officer club members and \$21 for non-members; and \$21 for Senior NCO and officer

members and \$24 for non-members. See your first sergeant for tickets.

Family clinic hours

The Family Practice Clinic’s walk-in hours for injections and blood pressure checks are Monday through Friday from 8:30 to 11 and 1 to 3:30 p.m. The clinic is closed at 11:00 a.m. on the third Thursday of each month and all holidays and down days. For more information, call 580-2305.

Tenants responsible

All housing on Elmendorf AFB is owned by a private developer, Aurora Military Housing. This means that the United States Air Force is not responsible or liable for any damage caused by the tenant(s).

According to the Tenant Lease, tenants may be held responsible to the developer for damages caused by their intentional or negligent conduct. Tenants are encouraged to apply for renters’ insurance offered by the developer and to seriously consider securing their own supplemental insurance. For further information call the housing flight at 552-2547/4328.

Club Gate Passes

Individuals with a DoD/military ID can sponsor a guest on base by filling out a Club Gate Pass from the Susitna Club cashier, Cave or Kashim Club duty manager during normal operating hours. For more information, visit the web site www.elmendorfservices.com/gate_passes.htm.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 6 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
 - Protestant Sunday School: 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.

Arctic Life

Great living in the great land

Annual award winners named for 3rd WG, Elmendorf

The following individuals were selected as annual award winners for their respective categories for both the 3rd Wing as well as Team Elmendorf, with the only exception being Honor Guard Member of the Year, as there is no 3rd Wing category for that position.



Junior Enlisted Member of the Year
Senior Airman Richard Tibbetts
90th Aircraft Maintenance Unit



Noncommissioned Officer of the Year
Tech. Sgt. Trenton Bare
3rd Civil Engineer Squadron



Senior Noncommissioned Officer of the Year
Master Sgt. Grant Murphy
3rd Communications Squadron



Company Grade Officer of the Year
Capt. Chris Meeker
3rd Civil Engineer Squadron



Honor Guard Member of the Year
Senior Airman Andy Ashburn 3rd
Operational Support Squadron



First Sergeant of the Year
Senior Master Sgt. Randy Watts
3rd Component Maintenance Squadron



Civilian Category I of the Year
Ms. Yolanda Tankersley
3rd Civil Engineer Squadron



Civilian Category II of the Year
Mr. David Pierce
90th Aircraft Maintenance Unit



Civilian Category III of the Year
Ms. Jenna Fletcher
3rd Logistics Readiness Squadron



Flight of the Year
3rd Medical Support Squadron Laboratory Flight
Award accepted by Col. Steven Putbresi, flight commander



Chaplain (Col.) David Sessions,
chaplain

Unit Spotlight

3rd Wing Chaplain Service

MISSION:

The Air Force Chaplain Service provides spiritual care and the opportunity for Air Force members and their families to exercise their constitutional right to freedom of religion. Representing hundreds of denominations and faith groups, our vision is “Glorifying God, Honoring Airmen, Serving All.” As the only agency in the Air Force with absolute confidentiality, we provide pastoral counseling to our active duty member, spouses and others. We also advise leadership concerning issues regarding spiritual needs, religious requirements and ethical issues that impact mission, quality of life and religious freedoms.





Left: Tech. Sgt. Greg Collier, 3rd Equipment Maintenance Squadron metals shop, makes a truss mount bushing for a C-130.
Right: Senior Airman John Covert, 3rd EMS metals shop, uses a grinder to take off the edge of a piece of metal for a part he is fabricating.



PHOTOS BY TECH. SGT. SHARON BALTAZAR



Above: Mr. David Turner, 3rd Equipment Maintenance Squadron, adjusts the controls of the computer numeric controlled milling machine. This machine is capable of creating metal parts accurate to one ten-thousandths of an inch.

Left: Master Sgt. William Stuhler, 3 EMS metals technology shop superintendent, transfers liquid nitrogen into another container to be used to cold shrink aircraft bearings prior to installation. This process works with metal's ability to contract or expand depending on temperature. The colder the temperature, the smaller the metal gets.

On the cover: Senior Airman John Covert, 3rd EMS metals technology shop, welds a piece of aluminum.

No parts? No problem for these guys

By Staff Sgt. Mike Edwards
3rd Wing Public Affairs

Imagine for a moment you are the proud owner of a very rare model car. It is luxurious, very sporty, very expensive, and only a handful exist in the entire world.

Now imagine you need to make repairs or get a part to fix it. It would probably be very difficult to find parts. What do you do?

Well, for the people who work in the 3rd Equipment Maintenance Squadron's metals technology shop, the answer is easy – make what you need from scratch. This is exactly what they do on a daily basis, except rather than working on rare cars, they work mostly on aircraft such as the F-15.

"This is the best job in the Air Force," said Tech. Sgt. Brett Odom, 3rd EMS metals shop, day-shift supervisor. "We are constantly being challenged to find new and creative ways to keep a wide variety of equipment in serviceable, structural condition."

This ability to help other agencies when no one else can has been a trademark of the metals shop.

"People really look to us as a method of last resort," said Tech. Sgt. Jody Gehring, 3rd EMS metals shop swing-shift supervisor. "Many times we have to engineer or invent equipment or special tools to get the job done. That is probably one of the most fun aspects of the job."

Hard-to-find equipment can pose a problem to fix or replace, but according to Sergeant Odom, a 17-year veteran of this career field, that isn't a problem because his shop has many tools at their disposal.

"We have welding equipment, a computer-controlled water jet cutter, a computer-controlled milling machine, plasma cutters, saws and grinders, just to name a few of the tools we use," he said. "With our computer-aided equipment, we are able to mass produce duplicate parts to within one ten-thousandth of an inch, every single time."

It is the precision of their tools and the creativity

in their approach to problems that has led this team to creating innovative products.

"With folks deploying the way they are these days, we had to come up with a portable Metals Tech shop," said Sergeant Gehring, who has been an Arctic Warrior for the past six years. "With a few modifications and some know-how, we were able to make just what we needed. This new portable shop is currently being used in a forward-deployed location."

For this career field of approximately 650 people in the Air Force world-wide, it is their brains and equipment which make all the difference, he said.

"With our computer design software, we can design, manufacture and test metal components in a virtual environment before we even make the first cut with a lathe," said Sergeant Odom, who arrived to Elmendorf less than a year ago. "Once we have the design, then we can go to work on the metal. Our abrasive water-jet cutter can slice through six inches of steel like a hot knife through butter."

BOOK CLUB: Spend some time with a good book and some new friends at Morning Coffee Conversation Thursdays from 10:30-11:30 a.m. at the Arctic Oasis Community Center. The book club offers free books and has no registration fee. Online forums, author interviews, and guest speakers will also be featured. All are invited. Register at the Arctic Oasis Community Center. 552-8529

African-Americans in military

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Disorder or confusion
- 6. Ho __ Minh
- 9. Examine by trial
- 14. Pervade
- 15. Coop resident
- 16. Central Perk offering
- 17. First black Chairman of the Joint Chiefs of Staff Powell
- 18. Op and fine
- 19. Wal-Mart or Target
- 20. First American of WWI to receive French Croix de Guerre
- 22. Female sheep
- 23. Shut out
- 26. Greatest in age
- 29. The Greatest
- 30. Music player
- 33. Edge
- 34. Cistern
- 35. Black fighter ace of WWI
- 36. __ Paulo, Brazil
- 37. Native or resident of (suffix)

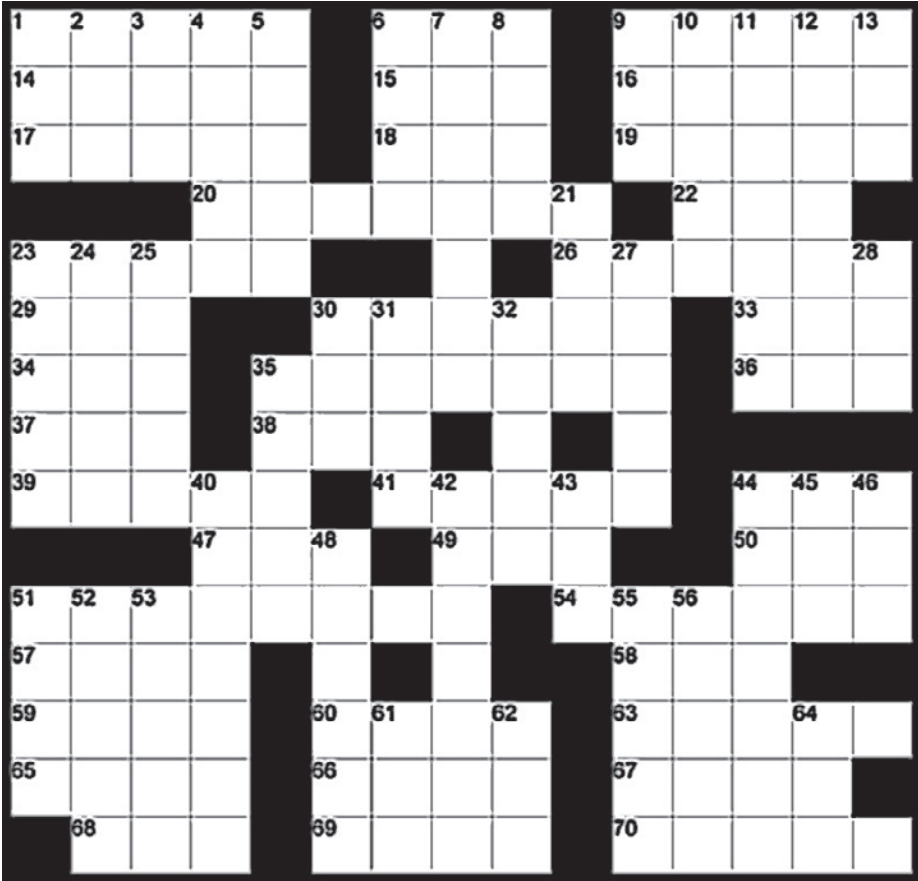


Last week's solution

- 38. __ Angeles, CA
- 39. Twilled cloth of worsted
- 41. Fluid in tissue spaces
- 44. Actress Carrere
- 47. Aries sign
- 49. Personal ad abbrev.
- 50. X or gamma
- 51. African hunts
- 54. Course of action
- 57. Ukraine city
- 58. Lout
- 59. Model MacPherson
- 60. Burden
- 63. First Black graduate of the U.S. Naval Academy
- 65. Healthy
- 66. Sea eagle
- 67. Garfield foil
- 68. Singer Doris
- 69. Cincinnati team
- 70. First Black Air Force 4-star general of AFMC

DOWN

- 1. Mil. abbreviation for President
- 2. Health org.
- 3. YA-1 aircraft for USAF, in short
- 4. Séance board
- 5. Spanish sir
- 6. Martial arts actor Jackie
- 7. John Glenn middle name
- 8. Lean __ the wind
- 9. USAF PME
- 10. Satisfied
- 11. First black to receive MOH for WWI
- 12. Closure of a normal body opening
- 13. Cowboy: “__-haw!”
- 21. Close
- 23. First Black graduate of USMA to



- become general officer
- 24. Make proud
- 25. Vampire is one
- 27. Ancient country of west-central Asia Minor
- 28. Mil. moving organization
- 30. Two people
- 31. Or ____; final warning
- 32. First Black promoted to the 4-star
- 35. Blur or redden (the eyes)
- 40. First Black flag officer in the Navy
- 42. Take apart
- 43. Army AFSC equivalent
- 44. Plant of the genera Trifolium, Lotus
- 45. Sam _ __; Penn movie
- 46. Affirmative vote
- 48. Black seaman credited w/ 6 plane kills at Pearl Harbor, won Navy Cross
- 51. Take an oblique course
- 52. Was hurt
- 53. Pal
- 55. 1960s programming language for business
- 56. British writer Thomas noted for Wessex novels
- 61. Mining goal
- 62. __ Moines, IA
- 64. Tiny

SPORTS NEWS



PHOTOS BY AIRMAN JONATHAN THRASHER

Hiyaaah

Above: Delo Maynard, a Kenpo instructor, teaches a group of beginning students at the Arctic Oasis Community Center. Classes are held Mondays and Wednesdays from 5:30 to 7 p.m.

Right: Instructor Tim Maynard watches while Ray Fontenot demonstrates a move designed to defend himself from an attacker.

The Arctic Oasis Community Center offers a variety of martial arts classes throughout the week. For more information, call 552-8529



Livita Trevino practices her kicks during her Kenpo class Feb. 7.

Sports Shorts

Couples yoga

Celebrate your relationship this Valentine's Day with Couples Yoga Monday at 5:30 p.m. at the Fitness Center. Each duo will participate in a class specifically designed for couples and receive a special gift. For more information, call 552-5353.

Swim lessons

Registration for the February swimming session is underway at the Fitness Center for \$40.

The classes are as follows: beginner on Tuesdays and Thursdays from 5:00-5:30 p.m.; advanced beginner on Tuesdays and Thursdays from 5:30-6:00 p.m. and beginner on Saturdays from 11 a.m. to noon.

Fit Pregnancy class

Exercising during pregnancy is good for both mom and baby. Learn how to workout safely at a Fit Pregnancy class Feb. 22 and March 29 at 10 a.m. at the Health and Wellness Center.

The classes are open to everyone and mandatory for all pregnant active-duty members.

For more information, call 552-9959.

Basketball tourney

The Armed Forces Basketball Tournament is scheduled for Feb. 24-27 at the Base Fitness Center. To register or find more information call 552-5353.